

### **CHRISTMAS GIFT IDEA**

Are you struggling to find the perfect holiday gift for that person who has everything? Considering that safe drinking water is important to us all, why not give that special someone piece of mind with a confidential Home\*A\*Syst and water quality testing service provided by the Michigan Groundwater Stewardship Program.

A Home\*A\*Syst can help to identify risks to your health and the environment due to groundwater contamination, and having your drinking water tested will determine how safe that water you drink truly is.

Each person who receives a Home\*A\* Syst learns what it means to be a good steward of the earth by reducing the amount of water consumed each day and halting contaminated water from entering our lakes, rivers, and groundwater.

The resources are available to you by your local Groundwater Educator, Andrea Berry. She can be contacted at the MSU Extension Office in Chippewa County at (906) 635-6368 or [andrea.berry@macd.org](mailto:andrea.berry@macd.org).

Clean water is a luxury that needs our help every day. This Holiday Season bring to your loved ones, the power to have endless clean, safe, and refreshing drinking water in their homes.

### **PROJECT GREEN PROPOSALS**

Project GREEN (Generating Research and Extension to meet Environmental and Economic Needs), Michigan's plant agriculture initiative at Michigan State University, has issued its request for proposals (RFP) for fiscal year 2006.

Project GREEN is seeking research projects that will benefit Michigan's plant-based agriculture industry in response to critical research and education priorities identified by the state's plant commodity and stakeholder groups. Proposals will be accepted in three categories: basic research, applied research, and Extension/education/demonstration. Proposals must clearly identify how projects will affect the economic and environmental aspects of Michigan agriculture and respond to Michigan plant industry priorities.

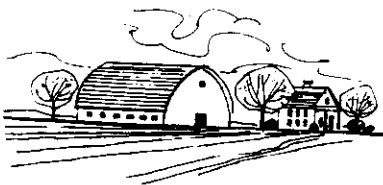
Project GREEN awarded \$850,000 in grants for 28 projects for fiscal year 2005. Another \$850,000 was directed toward multiyear projects that started in 2003 or 2004. A total of 75 new proposals and 30 continuation proposals amounting to nearly \$3.3 million were received for consideration in 2005.

An RFP application can be found at [www.green.msu.edu/rfp.htm](http://www.green.msu.edu/rfp.htm), and a complete listing of updated plant commodity research and educational priorities can be found at [www.green.msu.edu/priorities.htm](http://www.green.msu.edu/priorities.htm). Applications are due by 5 p.m. January 16, 2006. Awards will be announced in late March, with funds becoming available in April.

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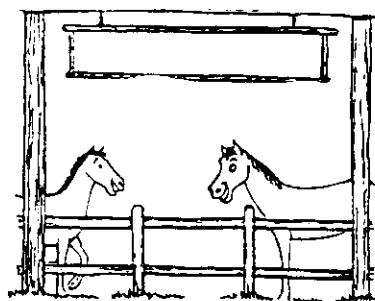
## FARMERS & SCHOOLS

Farmers interested in building relationships with school systems to market their products or educate students about agriculture can attend an educational session on Farm to School programs at the Great Lakes Fruit, Vegetable, and Farm Market Expo in Grand Rapids. The session runs from 9 to 11 a.m. December 7.

Presenters include MSU Extension staff members, a school food service director, and several farmers who sell produce and meat to their local school districts.

Highlights will include the results of a survey of Michigan school district food service directors showing their interest in purchasing local products, suggestions about how farmers can contact nearby schools, and strategies for developing successful bids and dealing with challenging regulations.

The Farm to School session is open to everyone attending the Great Lakes Expo. For registration information, visit [www.glexpo.com](http://www.glexpo.com). For information on Farm to School opportunities, contact Viki Lorraine at 517-353-0751 or [lorraine1@msu.edu](mailto:lorraine1@msu.edu); or Susan Smalley at 517-432-0049 or [smalley3@msu.edu](mailto:smalley3@msu.edu).



## HORSE COUNT

How many horses are there in Michigan? The answer to this question is just a survey away, thanks to researchers at MSU and funding from the Animal Industry Initiative.

MSU researchers will soon be conducting the state's first equine survey in almost 10 years. Mary Rossano, MSU epidemiologist, says the survey will be used to estimate the number of horses, ponies, donkeys, and mules in Michigan; where they are located, their ages, and representative breeds. The survey will also identify what purposes people use horses for and how horse properties are zoned.

The survey will be useful in determining the equine industry's contribution to the state's economy. This information can then be presented to local and state government officials who make decisions and policies on zoning and land use, trail access, tax laws, and other issues affecting horse owners.

Questionnaires will be mailed to more than 4,000 people involved in the state's horse industry next spring. On the basis of the 1996 equine survey, researchers estimate there are between 28,000 and 30,000 equine farms and more than 130,000 horses, ponies, donkeys, and mules.

The Revitalization of Animal Agriculture in Michigan Initiative, commonly referred to as All, is a partnership between MSU, livestock producers, and industry organizations, and the Michigan Department of Agriculture. Its mission is to develop profitable and sustainable farm production practices; environmentally sound manure management systems; scientifically sound animal nutrition, comfort, and disease diagnosis and treatment standards; and to improve the quality and safety of processed animal products.

To learn more about Michigan's animal agriculture initiate at MSU, visit [www.animalag.msu.edu](http://www.animalag.msu.edu).



## 4-H WORKSHOPS at KETTUNEN CENTER

Feb. 24-25	Veterinary Science
Feb. 25-26	Beef, Sheep, & Swine
Mar. 4-5	Environmental & Outdoor Education
Mar. 18-19	4-H Family Weekend
Mar. 24-26	Plant Science & Entomology
Apr. 1-2	Global & Cultural Education
Apr. 21-23	2006 4-H Dairy Conference
Apr. 22-23	Companion Animal
Apr. 27-30	Shooting Sports Training
May 19-21	Project FISH



## SUMMER FUN

Early this summer our local teen club invited a club from Iowa to visit our great region. These were not strangers either; they had hosted our students the summer before on their trip westward.

Beginning with a tour of Sault Ste Marie on the Tour Train, the group was off to a great start. Let's fit in a walk through the Soo Locks. A guided tour through Edison Sault Electric Plant was rounded out by a glimpse in the Lake State Aquatic Lab.

After lunch, Lockside Golf was calling. With the excitement of mini-golf behind us we planned to part ways. That evening was a great surprise when the group gathered together again at the Kinross Speedway for a little U.B. Racing excitement.

The next three days were a blur of travel adventures. The activities included the Great Lakes Shipwreck Museum, Whitefish Point & Bird Observatory, Tahquamenon Falls, a potluck and bonfire, Mackinac Island with a carriage tour, Wings of Mackinac Butterfly Observatory, Fort Mackinac, and climbing Castle Rock.



## BAY MILLS – RIPE FOR THE PICKING!

Youth and Elders worked together over the summer to begin a healthier lifestyle. Combining heritage seeds with some altered gardening techniques allowed for a longer growing season of higher nutrition produce. By recommending heritage seeds we helped promote the return to tradition.

Seven community members and couples have received raised garden beds at their homes. These beds can be turned into greenhouses to extend the growing season into the fall or to begin planting earlier in the spring.

All summer long the participants reaped the benefits of having lettuce, beans, and peas growing right outside. At harvest time they enjoyed items such as tomatoes, beets, cabbage, cucumber, corn, and squash, just to name a few.

Next year's goal is to offer ten additional raised beds to members of the community. The second goal is to offer the assistance of Boys and Girls Club youth in the planting and caring of the beds. There are three public locations: behind the Heritage Building at Bay Mills Community College, behind the Boys and Girls Club, and alongside the Elder lodge by the BMCC Industrial Arts Building.

## PROTECTORS OF THE EARTH



In August, 26 students between 7<sup>th</sup> and 11<sup>th</sup> grade came together on Sugar Island to live and learn about careers in Natural Resources. They were brought together by POE (Protectors of the Earth). This group is striving to get more minorities into Natural Resource careers

POE invites children of color from all over Michigan to come and learn about careers that directly impact Mother Earth. They are striving to increase awareness of the little things that we can do everyday, along with big steps to be taken over time.

The main venue for POE is the week-long camp held annually on Sugar Island. There campers learn about the wide range of interest areas necessary for long lasting effects.

New technology is becoming more important as we strive to become efficient and economical over time. Public Relations positions act as channels of communications between the community and businesses. Architects, contractors, and landscapers need to be brought on board to help lessen the human impact on the environment.

POE students return year after year and bring new faces along each time. They take home new ideas and friendships that will last a lifetime.



## HOLIDAY HOUSEPLANTS

A living Christmas tree need not be the traditional pine or spruce. A large houseplant can hold small, lightweight ornaments. Favorite large-scale houseplants include parlor palm, dieffenbachia, schefflera, rubber plant or ficus. If you want a more traditional evergreen look, there's always Norfolk Island pine.

Be aware that the most common care problem with these plants is overwatering. Plant roots need air as well as water. Roots that sit in waterlogged soil die and rot, and eventually the whole plant dies. Even plants in pots with drainage holes can get too much water, and those in pots without drainage are seriously at risk.

To decorate large houseplants, use small, lightweight ornaments – tinsel bows, tiny glass balls, small artificial birds, etc., - and cool lights. Spot lighting the plant is another lighting possibility. A tree skirt or colored felt could be draped over the plant pot, or that pot could be set inside another, more decorative one and the soil covered with small evergreen boughs for a woodsy look and smell. Small poinsettias could be added for holiday color.



## CHRISTMAS BUGS

Your Christmas tree may be bugged – not with electronic snooping devices, but with living things – insects and spiders, primarily. And why not? After all, Christmas trees are grown outdoors. And like other outdoor plants, they have their share of arthropod residents. Bring the tree indoors and warm it up and the bugs become active as if it were spring.

Fortunately, the insects that come into houses on Christmas trees aren't likely to cause any problems – they are unlikely to get into houseplants, and they pose no threat to humans, pets, stored food, furnishings, or the home itself. Those that are pests of the tree species that you brought into your home will remain on the tree and leave with it when you take it outside after the holidays.

Others may leave the tree, but except for the occasional spider that finds a new home in a dark corner, they won't survive long indoors. Application of a vacuum cleaner or flyswatter is the only control needed.



## NOBODY LOVES ME

Cockroaches have been around for tens of millions of years. They're one of the earth's great evolutionary success stories – they've not only survived but thrived by adapting to a wide variety of environments, including (or especially) the indoor environment. Cockroaches are probably near the top of everyone's list of critters we don't want to live with. Rats, bats, and spiders are probably right up there, too, but chances are that cockroaches are the least-loved pest.

People usually associate cockroaches with poor sanitation, but the truth is that anyone, no matter how meticulous his or her housekeeping, can acquire cockroaches – by bringing home eggs or insects on a cardboard box, inside an appliance, or in produce such as potatoes. In apartments and other large buildings, cockroaches readily migrate from one place to another along water pipes, in forced air ducts, and through any passageways connecting apartments or offices.

One of the most prevalent species found cohabitating with people is the German roach. These are usually found in large numbers in kitchens. Adults are about ½ inch long and tan; nymphs (immature stages) have dark markings that make them appear brown or black. Roaches have long legs and long antennae and very obvious sweptback wings. They are generally active at night, quickly scattering to their hiding places when someone flicks on a light.

Once cockroaches have been introduced, sanitation is a key step in control. Clearing out trash and clutter and sealing up cracks to reduce breeding and hiding places and removing food and water sources makes other control measures more effective.

Insecticide sprays, dusts, baits, and traps are available. Often a combination of strategies is the best approach. Sprays or dusts are applied to areas that roaches are likely to frequent: under appliances, along baseboards, around plumbing. Baits are set where roaches are likely to find them and where they won't pose a hazard to inquisitive children or pets. Traps can be used to monitor roach populations to gauge the effectiveness of the control program.

Whenever you use a pesticide indoors, be sure that it's labeled for use indoors and follow directions for mixing and applying it exactly.

shh...  
baby  
is being served.



Give a breastfeeding mom  
your loving support!

### BREASTFEEDING IS BEST!

You may already know that breastfeeding is best for you and your baby. It builds your relationship (i.e. bonding), protects both of you from many diseases, and is the very best nutrition you could offer your baby.

If you are expecting a baby, please choose breastfeeding. If you are a breastfeeding mother, Wonderful!

Please remember that during the holiday season it is important to take care of you and your baby. To keep up your milk supply, nurse often. Eating oatmeal (a great winter breakfast) is thought to help.

Stay away from the sage in that dressing and those candy canes. Both sage and mint are thought to decrease milk supply.

With the winter flu and cold season coming quickly, you can feel good knowing you are giving milk to your baby that helps protect him or her from these diseases.

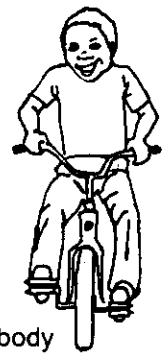
Breast milk is wonderful! Immediately warm, always fresh, and babies love the taste of it and the snuggle time with Mom.

Enjoy family celebrations with the newest member of your family. Keep things simple, have fun, and be proud to be a breastfeeding mother. You are giving your baby such a wonderful gift.

MSU Extension is happy to provide you with a breastfeeding counselor who will help you in any way she can. Just call Davine Hester at 906-635-3640 or Mary Couling at 906-635-3629.

### FIT KIDS

There's a lot of discussion these days about fit kids. Being fit is a way of saying a person eats well, gets a lot of physical activity, and has a healthy weight. If you're fit, your body works well, feels good, and can do all the things you want to do.



If you're a kid who wants to be fit, here are five rules to live by:

1. Eat a variety of food, especially fruits and vegetables. You may have a favorite food, but the best choice is to eat a variety. If you eat different foods, you're more likely to get the nutrients your body needs. Shoot for five servings of fruits and vegetables a day – two fruits and three vegetables.
2. Drink water and milk. When you're really thirsty, cold water is the number one thirst-quencher! And there's a reason your school cafeteria offers milk. Kids need calcium to grow strong bones and milk is a great source of this mineral. You need three to four servings of dairy food each day; such as one cup of milk, a slice of cheese, or a cup of yogurt. It's OK to have 100% juice, too. But try to limit sugary drinks. Sugar just adds calories, not important nutrients.
3. Listen to your body. When you're eating, notice how your body feels and when your stomach feels comfortably full. Eating too much can make you feel uncomfortable and, over a period of time, it can lead to unhealthy weight gain.
4. Limit screen time. This is the amount of time you spend watching TV, DVDs and videos, playing handheld computer games, and using the computer. The more time you spend on these activities, the less time available for active stuff. Try to spend no more than two hours a day on screen time, not counting computer use related to school work.
5. Be active. One job you have as a kid – and it's a fun one – is that you get to figure out which activities you like best. Not everyone loves baseball or soccer. Maybe your passion is karate or kickball or dancing. Find ways to be active every day. You might even write down a list of fun stuff to do, so you can refer to it when your mom or dad says it's time to stop watching TV or playing computer games!

# FAIR DAYS



## CHIPPEWA COUNTY FAIR 2004 VOLUNTEER OF THE YEAR

Barbara Brady was voted our "2004 Volunteer of the Year." Barb has been involved with the fair for approximately 28 years in various capacities. She first became involved as a 4-H leader. Barb and her husband Bill were active 4-H leaders for many years. At one time they were co-leaders of a club with over 50 members, including their five children who were actively involved in 4-H and our fair.

One of Barb's first fair projects was to spearhead a drive to raise funds to build a goat barn. Once the funds were raised, she helped with the recruiting of volunteers and the actual building of the barn. She served as goat superintendent for many years.

For the past 20 years, she has served on our fair board. She started as a 4-H representative to the fair and was soon elected to the fair board as a regular member. For the last three years, she served as the treasurer of the fair board. As the treasurer, Barb has been directly responsible for setting up and inputting our financial records into a computer bookkeeping program.

This article was taken from the Chippewa County Fair web page, written by Elaine Love.

## SUCCESS IN ESCANABA

Chippewa County was well represented this year at the U.P. State Fair held annually in Escanaba.

For the second year in a row Darryl Leese from Pickford brought home the Grand Champion Beef trophy. This feat was honored with the responsibility of escorting our state governor, Jennifer Granholm, through the beef barn.

Abby Galloway and Chelsea Kronemeyer both made the top ten for the Junior Division in the Skillathon. Farm equipment, plant identification, judging beef showmanship, identifying cuts of meat, and a general livestock quiz were just some of the areas these youth were tested on.

Our youth also participated in swine, sheep, dairy, goats, and more.

Displayed on the grounds was a unity work called The World Peace Art Initiative. Earlier this summer community youth from across the Upper Peninsula were welcomed to participate in the creation of this massive inflatable structure. One goal of the creators, Lou Rizzolo and Dick Ross, was to create a symbol to be taken all over Michigan, the nation, and the world. They are off to a great start.



## FRIENDS OF THE LIBRARY

Turner-Howson Elementary School has been host to a Summer Reading Program for more than 20 years. This year they have teamed up with MSU Extension to maintain the goal of keeping kids reading.

The program consisted of 24 students participating in group story sessions, crafts, nutrition lesson with snack, and physical activities. The students also had the privilege of checking out books all summer long.

One theme that was used to tie the activities together was "Color." We explored the different colors that are in our world. A rainbow parachute was used during outside activities. Many vitamins and minerals our bodies need come in different colored foods. Making yogurt parfaits with berries and granola helped us explore one colorful snack idea. The books Lunch and The Grouchy Ladybug showcase how a rainbow of colors at every meal keeps our bodies healthy.

# 2006 MICHIGAN WEEK YOUTH PHOTO CONTEST



## Great Lakes, Great Traditions!

*Celebrating Michigan Week! May 20 - 26, 2006*

### **Photograph a Favorite Michigan Historic Site**

Use a 35 mm (for black and white, color or slide film) or digital camera.

Six photos taken by young people will be selected from each of Michigan's five regions to send to the State 4-H Youth Development Office at Michigan State University. All 30 photos will appear on the Michigan Department of History, Arts and Libraries Web site; 12 of the 30 photos will tour Michigan beginning in May 2006.

This contest is coordinated by Michigan State University Extension's 4-H Youth Development and the Michigan Department of History, Arts and Libraries. Financial support comes from the Michigan Barn Preservation Network and donations made to the Michigan 4-H Foundation.

For more information contact

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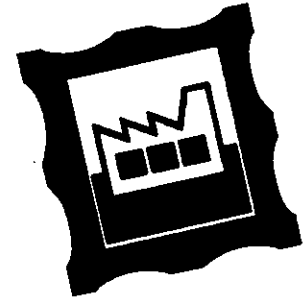
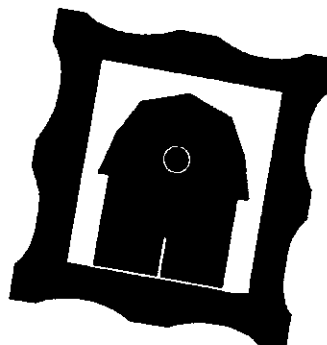
### **Open to all Michigan youth aged 9 to 19 as of January 1, 2006**

There are three age divisions: Junior (youth aged 9-12); Intermediate (youth aged 13-15); and Senior (youth ages 16-19).

### **Photo submission deadline: February 1, 2006**

### **What is a historic site?**

For this photo contest, a historic site is any site that is 50 years old or older. There are thousands of sites in Michigan! You can photograph buildings (like firehouses, museums or schools), structures (like bridges), areas (like neighborhoods, business districts, or fairgrounds) and objects (like monuments).



### **Types of historic sites found in Michigan**

A few of the many types of historic sites found in Michigan:

- Barns and other farm buildings
- Commercial buildings
- County courthouses
- Drive-in movie theaters
- Factories
- Gas stations
- Government buildings
- Grain elevators
- Hotels and motels
- Houses
- Larger school buildings
- Movie theaters
- Murals
- Neighborhoods
- One-room schools
- Places of worship
- Railroad depots
- Statues or public monuments
- Warehouses

and...sites of historic significance such as the Second Baptist Church in Detroit, which was founded in 1836 by former slaves and served as a station on the Underground Railroad.

# ***Our Mission:***

Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs, and opportunities.

## **CHIPPewa COUNTY STAFF:**

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